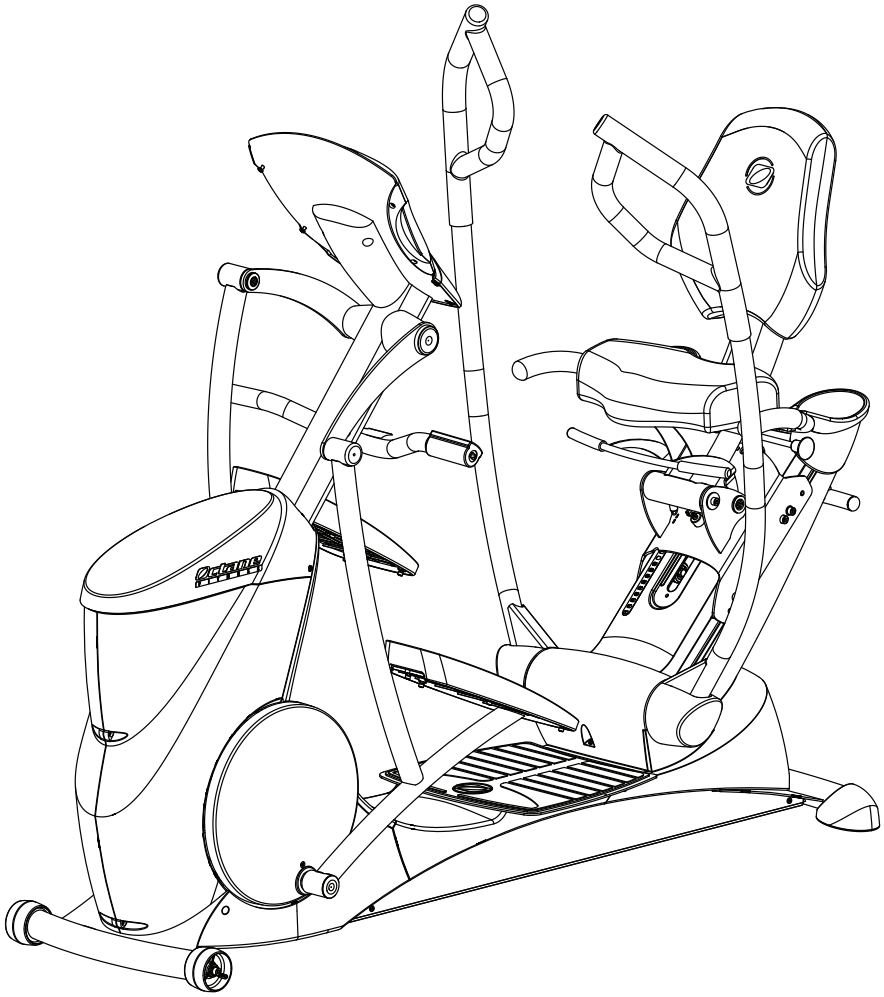
Octane FITNESS



xRide™

xR6 / xR6e / xR6ce

OPERATIONS MANUAL

xR6/xR6e/xR6ce
OPERATIONS MANUAL

Congratulations! You are about to begin fueling your exercise program with a whole new breed of exercise equipment—**xRide™** by Octane Fitness®. The team at Octane Fitness is totally focused on creating the best elliptical products in the world so that you will have a tremendous workout experience. We are excited to be the first to offer this seated elliptical cross trainer, and we wish you great success in using your xRide™ to achieve your workout goals and Fuel Your Life™**!**

Your new seated elliptical has a wide variety of features that will help you to stay motivated and reach your fitness goals. Please read this manual thoroughly to become acquainted with your product; it includes important information on operation and maintenance.

Octane Fitness distributes products only through authorized specialty fitness dealers. These dealers are experts in the field and are trained to assist you with any questions you may have about your Octane Fitness product. However, if you would like to speak directly to an Octane Fitness customer service specialist, please do not hesitate to contact us.

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Fueled,

Dennis Lee
President

This product is intended for household use.

PLEASE READ AND SAVE THESE INSTRUCTIONS

I M P O R T A N T S A F E T Y I N S T R U C T I O N S

WARNING! Before beginning this or any exercise program, consult your physician. This is especially important for people over 35 or those with pre-existing health conditions. If at any time during exercise you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before starting again.

Read this Operations Manual before operating this seated elliptical cross trainer.

WARNING! When using an electrical product, basic precautions should always be followed.

To reduce the risk of burns, fire, electrical shock, or injury to persons:

- Use this exercise product for its intended use as described in this Operations Manual. **Do not** modify the product in any way.
- **Do not** remove the plastic shrouds from the machine. Service should be performed only by an authorized Octane Fitness service representative. Moving parts contained under the shrouds can be extremely dangerous when not covered.
- **Never** operate this seated elliptical cross trainer if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the cross trainer to your local dealer or Octane Fitness for examination and repair.
- Keep the cord away from heated surfaces.
- **Never** operate this seated elliptical cross trainer with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- **Do not** use outdoors.
- **Do not** operate this seated elliptical cross trainer where aerosol (spray) products are being used or where oxygen is being administered.
- Use only the power cord provided with your Octane Fitness seated elliptical cross trainer.
- **Never** place the power cord under carpeting or place any object on top of the power cord; this may pinch and/or damage it.
- Unplug your Octane Fitness seated elliptical cross trainer before moving it.
- **To disconnect**, remove plug from outlet.

SAVE THESE INSTRUCTIONS

OTHER IMPORTANT SAFETY PRECAUTIONS

- Place the seated elliptical cross trainer on a level surface with at least 12 inches (30.5 cm) of clearance on each side of the unit.
- To protect the floor or carpet from damage, place a mat under your seated elliptical cross trainer.
- Keep children off the seated elliptical cross trainer at all times.
- When the seated elliptical cross trainer is in use, children and pets should be kept clear of the area.
- Wear appropriate exercise clothing and shoes for your workout—do not wear loose clothing.
- Use care when getting on or off the seated elliptical cross trainer. Never get on or off the unit while the foot pedals and arms are still moving.
- When adjusting seat height or tilt, make sure you hear and feel the adjustment mechanism lock into position.
- Always face forward. Never attempt to turn around on the seated elliptical cross trainer.
- Do not sit, stand, or climb on the plastic shrouds, electronic console, or stationary foot pegs.
- Keep your hands and feet clear of any opening or moving parts.
- Keep your feet within the boundaries of the foot pedals; do not rest toes or any other part of the foot on the edges of the pedals.
- Never insert or drop any object into any opening.
- Do not overexert yourself or work to exhaustion.
- If during your workout you feel any chest pain, nausea, dizziness, or abnormal symptoms, stop your workout immediately and consult your physician.
- Wipe down external surfaces of your cross trainer after use to remove sweat and dust.
- Monitor and check your seated elliptical cross trainer regularly. If service is required, contact your local dealer or Octane Fitness Customer Service for assistance.
- Take caution in moving your seated elliptical cross trainer. Your elliptical weighs over 240 lbs. Use proper lifting techniques and/or get assistance when moving your product.

Product Dimensions:	1803mm x 889mm x 1439mm (71in x 35in x 57in)
Product Weight	244 lbs. (110.7 Kg)
Max User Weight	300 pounds (136 Kg)

Power Supply/Electrical Specifications:

Input Rating	100-240~0.4A
Frequency	50-60Hz
Output Rating	+9V 1.5A
Output Ripple	90mV
Output Current	1.5A Max
Safety	UL/CUL, TUV, PSE, CE, C-Tick, 3C, B-Mark

This equipment complies where applicable with:

2006/95/EC	Low Voltage Directive
2004/108/EC	Electromagnetic Compatibility (EN61000)
2002/95/EC	Restriction of Hazardous Substances (RoHS) Directive
2006/96/EC	WEEE Directive
EN957-9:2003	Stationary training equipment
EN957-1:2005	Stationary training equipment
EN60335-1:2002	Household and similar electrical appliances - Safety
GPS	General Product Safety Regulations 2005

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

HEART RATE OPTION SAFETY GUIDELINES

Before using the Octane Fitness xR6e or xR6ce with HeartLogic™ Intelligence, read and follow these instructions:

Wireless Chest Strap

- **Do not use the chest strap if you have a cardiac pacemaker or are taking prescription medication**. Medication or electrical impulses from the cardiac pacemaker can cause inaccurate heart rate readings.
- Please take care in handling the equipment as it is extremely sensitive.
- Do not bend the strips inside the chest strap as it can cause the strap to lose its conductivity.
- Handle the Octane Fitness heart rate transmitter (chest strap) with care. Dropping the transmitter might cause damage and this could void the warranty.
- If the receiver (console) tries to process several signals simultaneously, an incorrect heart rate reading could result. Only use one chest strap at a time in the range of the receiver. Other transmitters should be at least five feet away from the receiver on your unit.
- Do not use the chest strap near devices that generate large magnetic fields. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal that is being transmitted to the receiver, possibly affecting the heart rate readings that appear on the electronic console.
- Do not immerse the transmitter in water. However, some moisture is necessary for the transmitter to function properly. Perspiration is usually sufficient, but you may need to moisten the electrodes with a small amount of water. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.
- The Octane Fitness chest strap has a battery which may need to be replaced from time to time. A faulty battery or worn electrodes may cause inaccurate readings. The electrodes are the ribbed portion on the side of the transmitter that sits against your skin.

Contact Heart Rate Grips (xR6ce only)

- Clean the contact heart rate grips periodically to remove sweat and oils. Use a damp cloth with a mild detergent. Do not spray the hand grips directly with water or a cleaner; this could cause an electrical short.
- For the most accurate heart rate reading possible, wrap your hands around each contact heart rate grip so that the palm of your hand and your fingers make contact with the metal sensors on the top and bottom of the grip. Grasp firmly, and keep your hands steady and in place.

Some individuals are unable to use the heart rate feature because they do not have the proper body chemistry to provide accurate readings. If you experience difficulties in using the contact heart rate grips or a wireless chest strap, contact your dealer or Octane Fitness Customer Service at 1.888.OCTANE4.

WARNING! The heart rate monitoring features of this product are for information only and are ***not*** to be used as a measure of heart functioning or heart health. In a heart rate contolled program, you can use the Level controls to reduce the resistance level at any time. ***You are responsible for monitoring how you feel and adjusting your level of effort accordingly.*** In a heart rate contolled program, you can reduce the resistance level at any time. If at any time during exercise you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before starting again.

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GETTING STARTED

Welcome to a new breed of exercise equipment— xRide™ by Octane Fitness! You will soon be experiencing a great ride as you challenge yourself with its sophisticated electronics and the variety of pre-programmed workouts. Getting started is easy; just move one of the moving handlebars toward the back of the unit and have a seat.

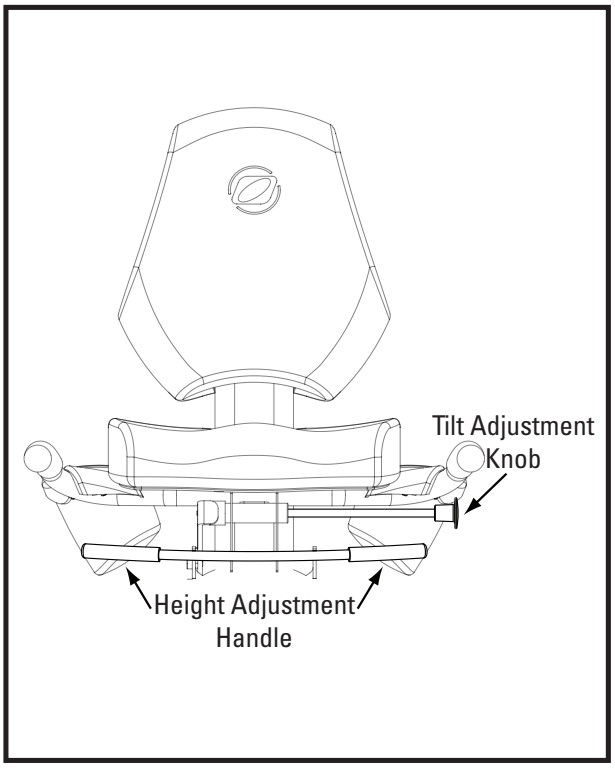
Adjusting the Seat

The comfort and effectiveness of your workout on the xR6 begins with proper seat position. Both the height of the seat and the tilt of the seatback on the xR6 seat are adjustable, ensuring that you can find just the right position to suit your preference and deliver the best possible workout.

Note: When adjusting seat height or tilt, make sure you hear and feel the adjustment mechanism lock into position.

Adjusting seat height

Adjust seat height on the xR6 Series using the handle located just under the front edge of the seat. While bracing yourself with your feet on the platform, lift up on the handle and use your legs to move the seat into a comfortable height. Place your feet on the pedals and pedal forward, stopping when one pedal is at its lowest point. Check the position of your leg on this pedal; your knee should be slightly bent. If your leg is fully extended, or your knee is bent too much, readjust the seat height until you have the proper leg extension.



Adjusting seatback tilt

Adjust the tilt of the seatback on the xR6 Series using the knob located just under the left edge of the seat. You may choose one of five positions, with position 1 being the most upright and position 5 being the most reclined. To adjust, lean forward slightly, then pull out on the yellow knob to disengage the tilt lock. Press back to recline or shift your weight slightly forward to tilt the seatback up. Release the knob, then shift your weight slightly until you hear the tilt lock pop into position.

Note: Once you have adjusted the tilt of the seatback to a comfortable position, pedal forward and recheck your leg extension. You may need to readjust the seat height to compensate for the change in tilt.

Tip: Be sure to record the position numbers of both the seat height (1-20) and the seatback tilt (1-5) so that you can quickly set the seat when you are ready to begin your next workout.

E L E C T R O N I C S

xR6 STANDARD & xR6e/xR6ce DELUXE

Welcome to some of the easiest to use, yet most sophisticated, electronics available in the fitness industry. In purchasing your Octane elliptical you had three choices: the xR6 with standard electronics, the xR6e with deluxe electronics, or the xR6ce with deluxe electronics plus contact heart rate sensors on the stationary handlebars. Instructions for all three are included in this manual.

Programming the console

DedicatedLogic™ programming was created to give you the ultimate in ease of use and total flexibility for programming your console. This allows you to modify your workout once you've started. You can start your workout, then program the electronics. Each key has only one function, making it easy to understand how each one works.

Console Buttons

Quick Start

The easiest way for you to start your workout is to simply push the Quick Start button, setting the machine in a manual program at resistance level one. The calories readout will be based on a 150 lb. (68 kg) user. Once you have selected Quick Start, you can program any item in any order.

My QuickStart 1 & 2
(xR6e/xR6ce)

The My QuickStart Buttons are used to save and retrieve preferred workout profiles. My QuickStart remembers your favorite program and attributes and, with a simple push of the button, retrieves them for your next workout.

You can easily set your profile while using the machine. Simply begin your workout and enter your information as usual—time, program, level, age (xR6e/xR6ce), and weight, adding Chest Press, Muscle Endurance, or Leg Press if you wish. Once your seated elliptical cross trainer is set the way you like it, press and hold the My QuickStart 1 (or My QuickStart 2) button until you hear the console beep, indicating this favorite profile has been saved. If you decide during your workout to change what you have saved (for example, you decide to increase the time or level), just use the appropriate Up Arrow (▲) or Down Arrow (▼) key and press Enter. If you want to save these new settings, just press and hold My QuickStart again for three seconds or until you hear the beep. This resets your saved profile using the new attributes.

The next time you are ready for your favorite workout, press the My QuickStart button and begin pedaling. You may also switch to your favorite program after you have started a workout; to do this, press Pause Clear twice within two seconds to reset the machine, then press My QuickStart to begin your program.

Tip: *Use My QuickStart 1 and My QuickStart 2 to save two different workouts. Save the first one according to the directions above, then press Pause Clear twice within two seconds to reset the machine, and follow the steps again to save the second workout using the other My QuickStart button.*

Tip: *If you feel like doing something different after you have started your favorite workout with My QuickStart, simply enter your new information. This will only change the current workout, not your saved favorite.*

Note: *Your profile is saved even when you unplug the machine.*

Pause Clear

Press once to pause your workout. The standard pause time is 5 minutes. Use the Time ▲/▼ keys to change the pause time; this adjustment can be made at any time while the machine is in pause mode. To restart a paused workout, push any key or just begin pedaling. If you stop pedaling during a workout, the unit will automatically begin a 5-minute pause. Simply start pedaling to resume your workout.

Press the Pause Clear button twice within two seconds, and your machine is reset and ready for another workout. Press and hold the Pause Clear button until you hear the beep to enter sleep mode, a virtual off mode. The matrix display reads "UNFUELING", and just one LED in the Muscle Endurance window remains lit. Your elliptical requires very little power in this mode. To "wake" your elliptical, simply press any button or begin pedaling.

Cool Down

It is always a good idea to perform a cool-down at the end of your routine. This will help transition your body from an aggressive workout to its normal pace. The time and intensity of the cool-down is automatically customized to your workout duration and resistance level. The time window will change to a countdown timer to tell you how long the cool-down will last.

If you have set a time for your workout, the cool-down will automatically start when time has expired. If you decide to end your workout early or have not set a time goal, simply push the Cool Down button to activate the custom cool-down.

Up and Down Keys

Time (▲ and ▼)

Increases or decreases your planned workout time (minutes:seconds). The maximum time is 99:00.

Program (▲ and ▼)

Toggles through programs. Program changes can be made any time during your workout.

Note: *The Program* ▲ and ▼ *keys are also used to activate the MOM (MOvement Management) mode, a unique motion control feature of the Octane Fitness xR6/xR6e/xR6ce elliptical. For more information on MOM mode, go to page 23.*

Level (▲ and ▼)

Increases or decreases the resistance level of the machine. There are 20 levels of resistance for preset resistance programs and for the 30:30 performance program on the xR6e/xR6ce. For heart rate controlled programs on the xR6e and xR6ce, pressing the Level ▲/▼ keys increases or decreases your target heart rate. (For more information on heart rate programs, go to page 12). To save a change in target heart rate, you must hit Enter after using the arrow keys.

Weight (▲and ▼)

Increases or decreases the user's entered weight. This value (between 70 and 300) is used to give a more accurate calorie burn readout. Weight is displayed in pounds (English) or kilograms (metric). Use the User Set-up function (described on page 23) to change the display from one to the other.

Age (▲ and ▼) *(xR6e/xR6ce)*

Used by heart rate programs. Entering your age, a value between 15 and 99, allows the xR6e or xR6ce electronics to determine a recommended target heart rate based on the formula 220 – your age = your theoretical maximum heart rate (TMHR). That number is then multiplied by the program intensity value to determine your target heart rate values. If you do not enter a value, the data is calculated based on age 40. If you are not in a heart rate controlled program, but want to see your heart rate percentage, which represents where you are working relative to your recommended target heart rate, just enter your age. For more information, refer to page 28, "*What should my heart rate be?".*

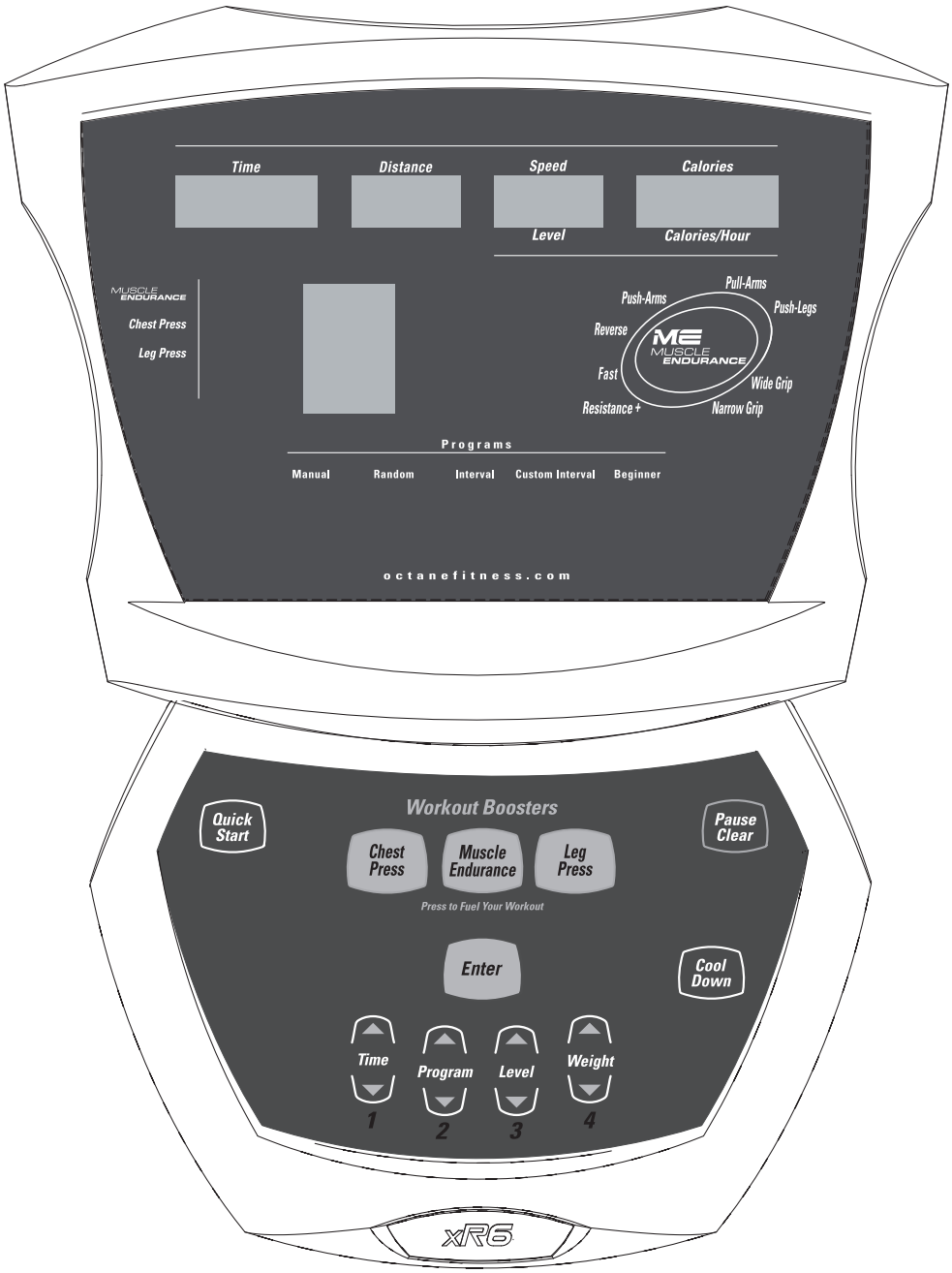
Enter

Selects any of the changed values or items from the above keys. Also, pressing the Enter key during any workout will stop the LED readout windows from toggling between display modes.

Note: *There is no need to turn off your elliptical machine; your xR6 was designed with an intelligent sleep mode, a virtual off button. This eliminates the need for an on/off switch. To enter sleep mode, press and hold the Pause Clear button until you hear the beep. The matrix display reads "UNFUELING", and just one LED in the Muscle Endurance window remains lit. Your elliptical requires very little power in this mode. To "wake" your elliptical, simply press any button or begin pedaling.*

NOTES

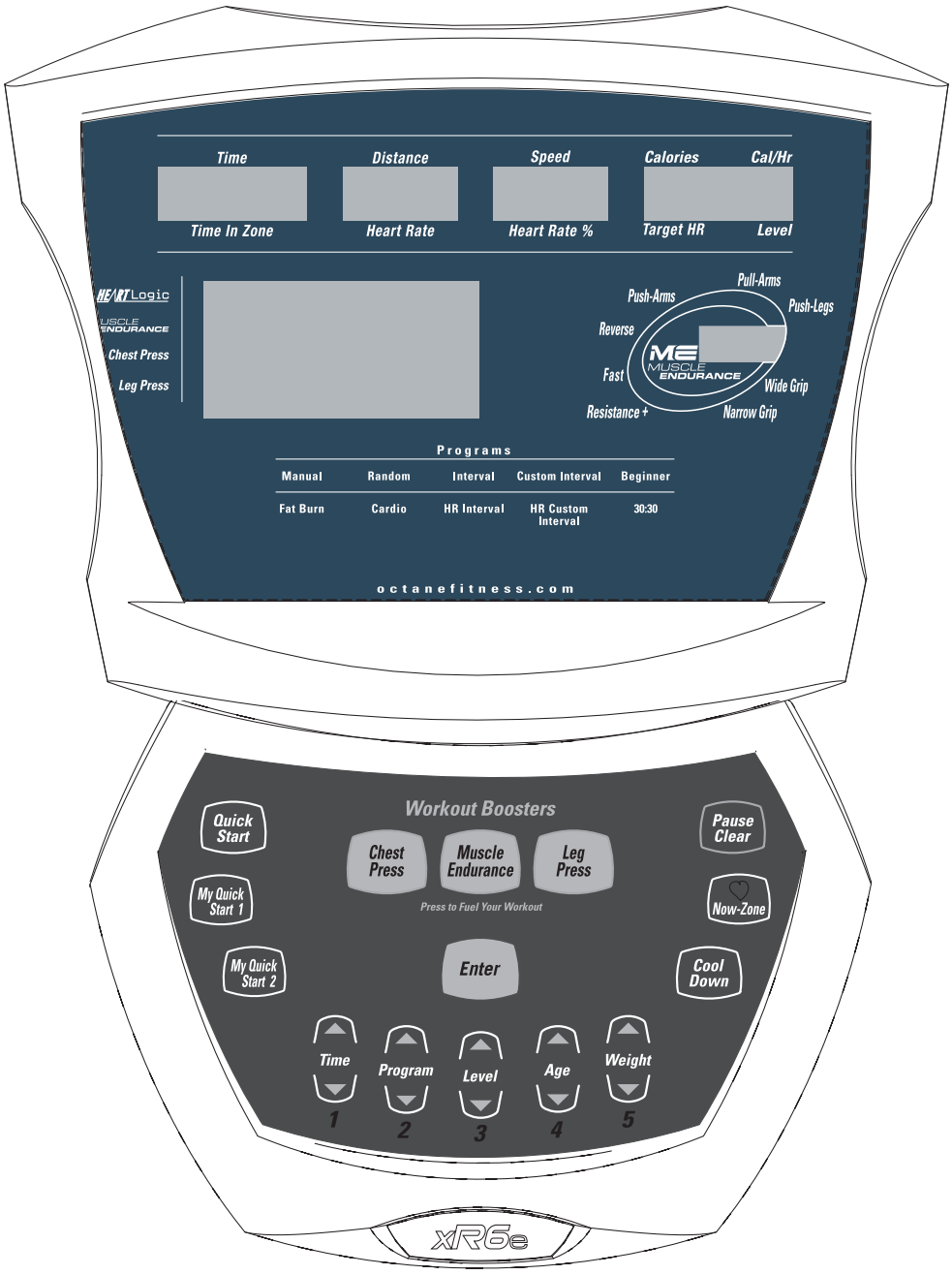




xR6 Standard Console & Keypad

Program Breakdown

Preset resistance programs: Manual — Random — Interval — Custom Interval — Beginner



xR6e/xR6ce Deluxe Console & Keypad

Program Breakdown

Preset resistance programs: Manual — Random — Interval — Custom Interval — Beginner
Heart rate controlled programs: Fat Burn — Cardio — HR Interval — Custom HR Interval— 30:30

Tip: *Do you wish the number LEDs didn't toggle between the higher and lower LEDs? Do you just care about seeing time, or you want to focus on heart rate data on your xR6c/xR6ce? Just press the Enter key and it will freeze the display in that position. Press the Enter key again to have the LEDs revert back to a continuous toggle.*

PROGRAMS AND FEATURES

Program Warm-up

All xR6 Series seated elliptical cross trainers feature 5 built-in preset resistance programs to keep your workouts interesting: Manual, Random, Interval, Custom Interval, and Beginner. The xR6e and xR6ce models also feature 4 heart rate controlled programs—Fat Burn, Cardio, Heart Rate Interval, and Heart Rate Custom Interval—as well as Octane's unique 30:30 performance program.

All programs except for Manual begin with a warm-up to ease your body into your intense workout. During the warm-up, the resistance increases to get you ready for your workout.

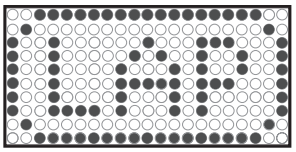
Preset resistance programs and the 30:30 program incorporate a three-minute warm-up during which resistance increases each minute, easing you into your workout. Heart rate controlled programs include a warm-up which lasts three minutes or until you reach your target heart rate; then your selected program begins. Increasing or decreasing the Level changes the target heart rate.

You choose the program that best fits your workout needs for any given day. You decide how hard to work by setting the resistance level and time for each program. Three programs—Manual, Custom Interval, Custom Heart Rate Interval—give you even more flexibility to program your workout your way.

Preset Resistance Programs

Manual—Random—Interval—Custom Interval—Beginner

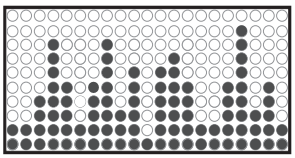
Manual



The Manual program simulates riding on a flat road. The manual program does not have a warm-up. To begin the program, just start pedaling, then use the appropriate Up (▲) and Down (▼) keys to enter the program settings as desired: time, level, your age (xR6e/xR6ce only), and your weight. The resistance stays constant for the entire workout, unless you change it. The oval racetrack signifies 1/4 mile (or 1/4 kilometer); a counter in the matrix display shows how many laps you have completed during your workout. The resistance can be changed any time during the workout by pressing the Level Up (▲) or Down (▼) key on the keypad.



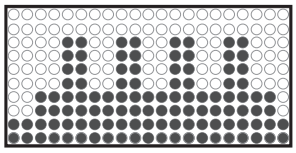
Random



The Random program has a virtually infinite number of different combinations. After selecting the program, use the appropriate Up (▲) or Down (▼) keys to enter the program settings as desired: time, level (the average level you want for the entire workout), your age (xR6e/xR6ce only), and your weight. The computer randomly generates a new course each time you select the random program or change the program level, giving you different levels of resistance. Each column on the matrix display lasts for 1 minute. The resistance can be changed any time during the workout by pressing the Level Up (▲) or Down (▼) key on the keypad.



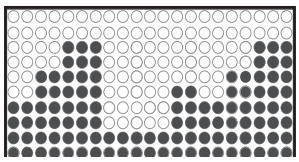
Interval



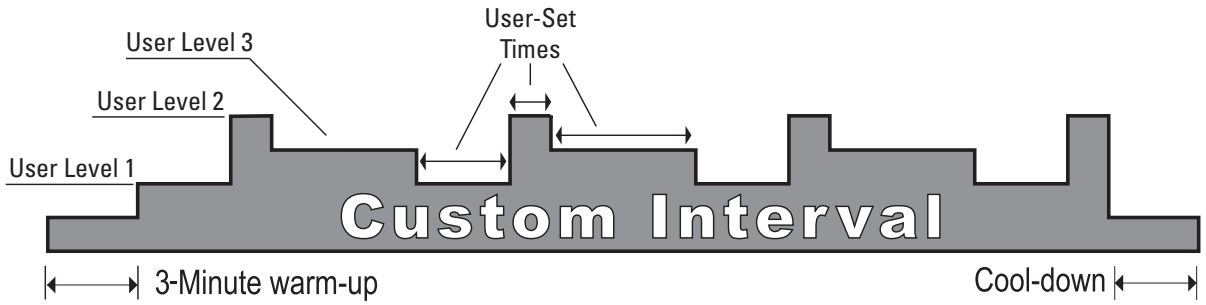
The Interval program alternates between two different levels of resistance. Each level is independently adjustable, so you can customize the amount of change between the two intervals. All intervals have a two-minute duration. After selecting the program, use the appropriate Up (▲) and Down (▼) keys to enter the program settings as prompted: levels for Interval 1 and Interval 2. You may also enter program time, your age (xR6e/xR6ce only) and your weight. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval (1st or 2nd) at any time by pressing the Level Up (▲) or Down (▼) key on the keypad. The value of the other interval does not change. The value you enter changes only the current interval (1st or 2nd) for the entire remaining workout, or until you change it again.



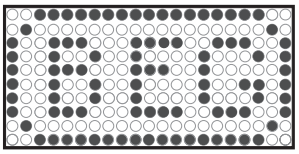
Custom Interval



The Custom Interval program lets you specify the resistance level and duration of up to 6 alternating intervals. After selecting the program, use the appropriate Up (▲) and Down (▼) keys to enter the program settings as prompted: Intervals (2 to 6), Interval 1—Time, Interval 1—Level, Interval *n*—Time, and Interval *n*—Level. You may also enter program time, your age (xR6e/xR6ce only) and your weight. Interval time ranges from 00:15 to 99:45, in 15-second increments. Once you are pedaling and your warm-up is complete, you can increase or decrease the level of the current interval at any time by pressing the Level Up (▲) or Down (▼) key on the keypad. The value of the other intervals does not change. The value you enter changes the current interval for the entire remaining workout, or until you change it again.

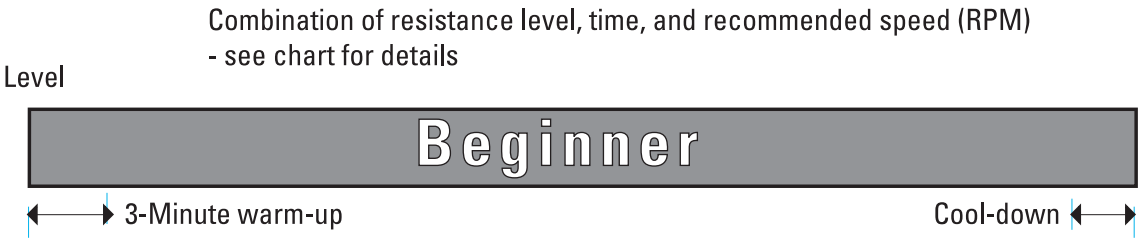


Beginner



The Beginner program is a great routine for people just getting started or just getting back into their workouts. This program is designed to carry you through 14 workouts, one per day, gradually increasing intensity each day. Each day's workout includes a preset value for time, resistance level, and a recommended speed (RPM). After selecting the program, use Level ▲/▼ to select the program day. The preset values outlined in the chart below will be displayed in the corresponding windows. The workout day value can be changed during the workout by pressing the appropriate Level Up (▲) or Down (▼) key on the keypad, and the corresponding table values will be changed accordingly. You may also enter your age and your weight at any time using the appropriate ▲/▼ keys.

Program Day (Level)	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**
Resistance Level	1	1	1	2	2	2	3	3	3	4	4	4	4	5
Time	10	10	11	11	12	13	14	15	16	17	18	19	19	20
RPMs	30	35	35	35	35	35	35	40	40	40	40	40	45	45

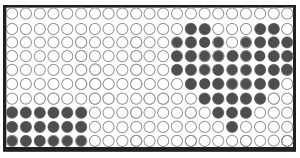


Heart Rate Controlled Programs (xR6e/xR6ce)

Fat Burn—Cardio—Heart Rate Interval —Heart Rate Custom Interval

Note: *For the heart rate controlled programs to work effectively, you must be wearing a wireless chest strap or consistently grasping the contact heart rate grips on the stationary handlebars throughout your workout.*

Fat Burn

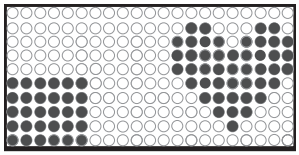


The Fat Burn program guides your workout to maximize the percentage of calories burned from fat versus carbohydrates. After selecting the program, use the appropriate Up (▲) and Down (▼) keys to enter the program settings as prompted: Age and Target Heart Rate. The minimum target heart rate is 80 and the maximum is 220 less your age. You may also enter program time and your weight. The recommended target heart rate is **65%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and your programmed workout begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate using the Level Up (▲) or Down (▼) keys on the keypad.

Example for a 40-year-old person:
220 – 40 yrs. old = 180 TMHR
*180 * .65 = 117 Target heart rate*



Cardio

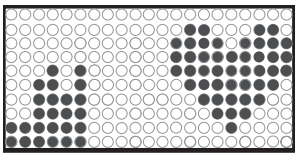


The Cardio program guides your workout to maximize cardiovascular benefits, like training for a race. After selecting the program, use the appropriate Up (▲) or Down (▼) keys to enter the program settings as prompted: Age and Target Heart Rate. The minimum target heart rate is 80 and the maximum is 220 less your age. You may also enter program time and your weight. The recommended target heart rate is **80%** of your theoretical maximum heart rate (TMHR = 220 – age). The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and your programmed workout begins. The resistance will automatically adjust to keep you working out at your target heart rate. At any time during the program you can change your target heart rate using the Level Up (▲) or Down (▼) keys on the keypad.

Example for a 40-year-old person:
220 – 40 yrs. old = 180 TMHR
*180 * .80 = 144 Target heart rate*



Heart Rate Interval



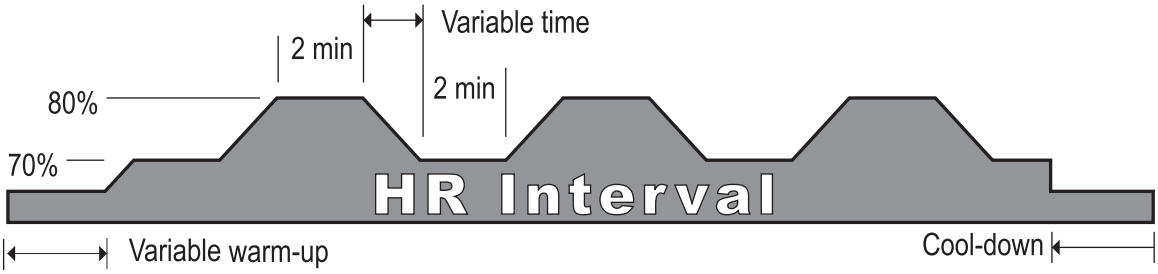
The Heart Rate Interval program is an excellent workout using alternating two-minute intervals of **70%** and **80%** of your theoretical maximum heart rate (TMHR). Interval training has been shown to give superior results compared to steady state training (that is, training at a constant resistance level). After selecting the program, use the appropriate Up (▲) or Down (▼) keys to enter the program settings as prompted: Age and Max Target Heart Rate (defaults to 80% of your TMHR). You may also enter program time and your weight. The minimum target heart rate value is 80 and the maximum is 220 less your age. The computer sets your initial low (70%) Target Heart Rate value relative to the value you enter for the Max Target Heart Rate. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and your programmed workout begins. The resistance increases or decreases at the end of each two-minute period to get you to the next interval. When you reach the new target heart rate, the new two-minute interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. The better your physical condition, the more intervals you will be able to accomplish in the same period of time. At any time during the program you can change the target heart rate of the current interval using the Level Up (▲) or Down (▼) keys on the keypad.

Example for a 40-year-old person:

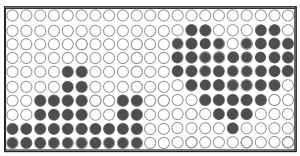
220 – 40 yrs. old = 180 TMHR

*180 * .80 = 144 High interval target heart rate*

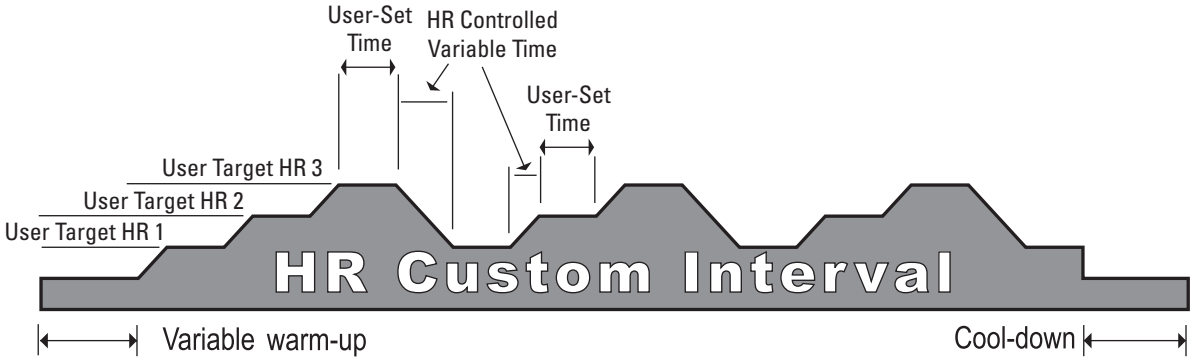
*180 * .70 = 126 Low interval target heart rate*



Heart Rate
Custom Interval



The Heart Rate Custom Interval program lets you specify the target heart rate and duration of up to 6 alternating intervals. After selecting the program, use the appropriate Up (▲) or Down (▼) keys to enter the program settings as prompted: Age, Intervals (2 to 6), Interval 1—Time, Interval 1—Target Heart Rate, Interval *n*—Time, and Interval *n*—Target Heart Rate. You may also enter program time, your age, and your weight. Interval time ranges from 00:15 to 99:00, in 15-second increments. The minimum target heart rate is 80 and the maximum is 220 less your age. The program begins with a warm-up. If you reach your target heart rate during the warm-up, the warm-up ends and your programmed workout begins. The resistance increases or decreases at the end of each time period to get you to the next interval. When you reach the new target heart rate, the new timed interval begins. The display will prompt you to increase or decrease your effort until the desired heart rate is reached. At any time during the program you can change the target heart rate of the current interval using the Level Up (▲) or Down (▼) keys on the keypad.



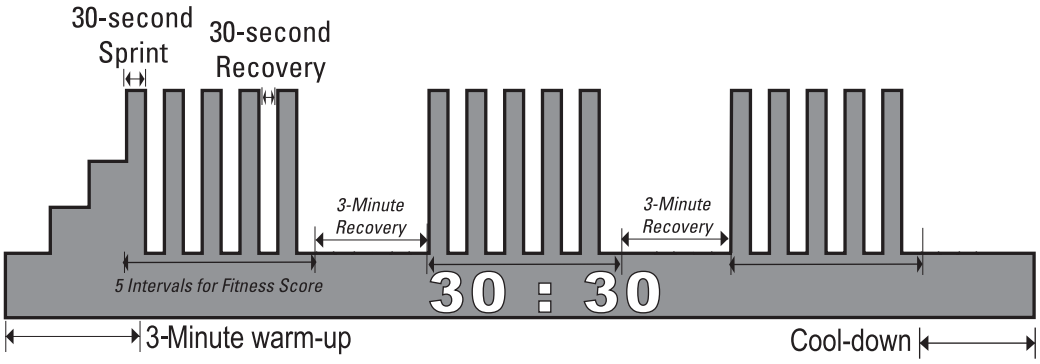
Performance Program (xR6e/xR6ce)

30:30

Note: *For this performance program to work effectively, you must be wearing a wireless chest strap or consistently grasping the contact heart rate grips on the stationary handlebars throughout your workout.*

30:30

The 30:30 program provides a simple test of your fitness level with 5 sets of 30-second sprint and recovery (FAST and SLOW) intervals. For each set, the program monitors your heart rate and calculates the number of beats that your heart rate lowers between sprint intervals. Heart rate recovery is a measure of your overall fitness level. After selecting the program, use the appropriate Up (▲) or Down (▼) keys to enter the program settings as desired: Time, High Interval Level (the level you want for the sprint intervals), Age (xR6e/xR6ce only), and Weight. The standard level for the FAST interval is "8". At any time during the program you can change the level using the Level Up (▲) or Down (▼) keys on the keypad. The program begins with the three-minute warm-up during which the resistance level increases each minute. Once you have completed the warm-up, the matrix display prompts you when to begin each FAST interval (60 RPM or higher) and when to slow down (50 RPM or lower). For each interval pair, the program records your maximum heart rate and your minimum heart rate. At the end of 5 sets of sprint and recovery intervals, there is a three-minute recovery period. The computer calculates and displays the average speeds of the SLOW and FAST intervals, and your average maximum heart rate and average minimum heart rates. The difference between the two average heart rates is your heart rate recovery 'score'. This value is a relative indicator of your fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness. After the 3-minute recovery period you will begin a new 5-interval set. The program ends with a 3-minute cool-down. Compare your average heart rate recovery score from workout to workout and watch your fitness level improve over time with consistent training!



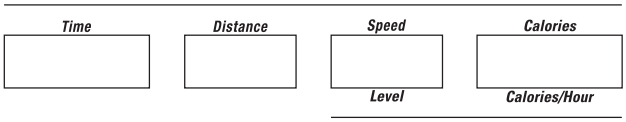
Workload Resistance

<table>
<tr>
<td>Resistance Level</td>
<td>The XR6 Series seated elliptical cross trainers have 20 discrete levels of resistance. Level 1 is the easiest and level 20 is the most difficult. The Manual program and Quick Start allow the user the ability to totally control the resistance level. Interval Programs (Interval, Custom Interval, and 30-30) allow the user to select the resistance level for specific intervals.

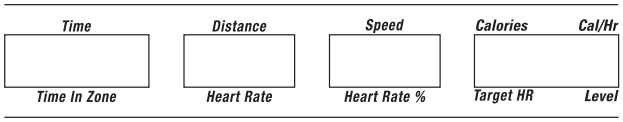
The resistance level is represented by rows of LEDs in the matrix display. Each row that is lit represents 2 resistance levels. The table below will help you understand and interpret the matrix display:
<table>
<tr><th>Resistance Levels</th><th>LEDs Rows Lit</th><th>Resistance Levels</th><th>LED Rows Lit</th></tr>
<tr><td>1-2</td><td>1</td><td>11-12</td><td>6</td></tr>
<tr><td>3-4</td><td>2</td><td>13-14</td><td>7</td></tr>
<tr><td>5-6</td><td>3</td><td>15-16</td><td>8</td></tr>
<tr><td>7-8</td><td>4</td><td>17-18</td><td>9</td></tr>
<tr><td>9-10</td><td>5</td><td>19-20</td><td>10</td></tr>
</table>
</td>
</tr>
<tr>
<td>Program Level</td>
<td>The Octane Fitness Random program allows the user to select an overall resistance level for the program. This level is the average resistance level for the workout. The range of resistance levels during these workouts are $^{+/-}4$ of the entered program level (i.e., For program Level 5, minimum resistance is Level 1 and maximum resistance is Level 9). During the workout, the overall program resistance level is displayed on the console.</td>
</tr>
<tr>
<td>Resistance in Heart Rate Controlled Programs</td>
<td>These programs (Fat Burn, Cardio, Heart Rate Interval and Heart Rate Custom Interval) allow the user to manually enter the target heart rate level for program. If the target HR is reached during the warm-up, the warm-up ends and your programmed workout begins. The resistance level during the heart rate controlled workout is managed by the machine, increasing or decreasing as necessary to keep the user's heart rate on target.</td>
</tr>
</table>

LED Readout Windows xR6/xR6e/xR6ce

xR6



xR6e/xR6ce



Time
Displays workout time, counting up from 0:00. Time can be increased or decreased during your workout. The maximum time is 99:00, then the display rolls over to 0:00. Refer to the User Set-up features described on page 23 to switch from a "count up" to "count down" display.

Distance
Displays an estimate of how far you have traveled. Distance can be shown in either miles (English) or kilometers (metric). On the xR6, 400 revolutions is approximately one mile; therefore, if you are pedaling at 50 rpm, you will "travel" approximately one mile in 8 minutes. When you first purchase your elliptical the display will be in English. Refer to the User Set-up features described on page 23 to switch from English to metric.

Speed
Displays how fast you are going. Speed is displayed in revolutions per minute (rpm).

Calories
Displays an estimate of the total calories burned during your workout. Calories are based on the user's entered weight. If you do not enter a specific weight, calories are based on a 150 lb. (68 kg) user.

Calories/Hour
Displays the number of calories that would be burned in one hour at the current resistance level and speed.

Level
Displays the resistance level (1- 20), where 1 is the lowest resistance level and 20 is the highest.

Time-in-Zone
(xR6e/xR6ce)
Tracks and displays the amount of time you are in the proper heart rate training zone for the program. Time-in-Zone is only displayed when you are in a heart rate controlled program and your heart rate is detected by the machine. You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips (xR6ce).

Heart Rate
(xR6e/xR6ce)
Displays your heart rate in beats per minute (BPM). You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips (xR6ce).

Heart Rate %
(xR6e/xR6ce)
Displays your current heart rate percentage (current heart rate / theoretical maximum heart rate). You must be wearing your wireless heart rate transmitter or grasping the contact heart rate sensor grips (xR6ce), and have entered your age.

Target HR
(xR6e/xR6ce)
Displays the heart rate reading that the machine is adjusting resistance to achieve when in a heart rate controlled program.

xR6ce Contact Heart Rate Option

Your Octane Fitness seated elliptical features premium workouts designed to take full advantage of the benefits of heart rate zone training programs: Fat Burn, Cardio, Heart Rate Interval, and Heart Rate Custom Interval. In addition, the 30:30 performance program uses heart rate readings as a measure of overall fitness. Each of these workouts offers different premium benefits, as described on pages 12 through 15.

To take advantage of the heart rate control features and heart rate monitoring, you may use the wireless transmitter and chest strap (provided) or simply grip the contact heart rate sensors on the stationary handlebars. In a heart rate controlled program, your current heart rate is monitored and the resistance level will automatically adjust to maintain your target heart rate. To change the target heart rate during a workout, use the Level ▲/▼ keys.

Octane Fitness Digital Heart Rate Sensors

The Octane Fitness digital contact heart sensors on the xR6ce track your heart rate more accurately to help produce the ultimate workout. Simply grip the digital contact heart rate sensors when using a heart rate program. For the most accurate heart rate reading possible:

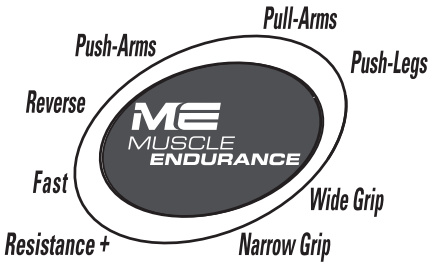
- Wrap your hands around each contact heart rate grip so that the palm of your hand and your fingers make contact with the metal sensors on the top and bottom of the grip.
- Grasp the contact sensors firmly yet comfortably.
- Keep your hands steady and in place.

Workout Boosters

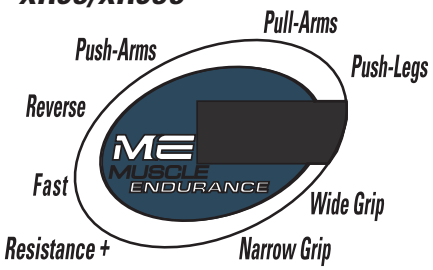
The xR6 Series elliptical cross trainers offer three unique workout enhancers that provide challenge and variety to help you stay motivated and committed to your exercise program. You can add Muscle Endurance, Leg Press, or Chest Press to any program at the touch of a button, kicking your workout up to a whole new level!

Muscle Endurance

xR6



xR6e/xR6ce



Muscle Endurance is a great way to take advantage of the variety your seated elliptical cross trainer offers, and is a great motivational tool that keeps your workout fresh and exciting. This booster works in any program; every other minute it kicks in, increasing your current resistance level by 4 and prompting you to perform combinations of eight different challenges: Push-Legs, Pull-Arms, Push-Arms, Reverse, Fast, Resistance^{+}, Narrow Grip, and Wide Grip.

Push-Legs	Focus on pushing with your legs to work your quadraceps and glutes.
Pull-Arms	Focus on pulling with your arms to work your biceps and lats at 10 levels higher than your current resistance.
Push-Arms	Focus on pushing with your arms to work your chest and triceps at 10 levels higher than your current resistance.
Reverse	Pedal backwards to change the muscle focus in your legs.
Fast	Pick up the pace—we recommend 60+ rpm, but you should find your own comfort level.
Resistance^{+}	Sweat it out as your work your entire body with a quick burst at 3 additional levels of resistance—a total of 7 levels higher than your program resistance level!
Narrow Grip	Grasp the multigrips on the low inside edge to give your triceps and chest muscles a workout.
Wide Grip	Grasp the multigrips high on the outside and feel it in your shoulders, chest, and back.

When Muscle Endurance is active, one to four Muscle Endurance LED combinations will light up instructing you what to do. The light sequence is randomly generated so you never know what is coming next.

To activate Muscle Endurance, simply push the Muscle Endurance button while in any program. To turn Muscle Endurance off, push the button again. In its original (out-of-the-box) configuration, each Muscle Endurance session lasts for one minute. On the xR6e and xR6ce, the countdown timer displays how much time until your next Muscle Endurance interval or how much time is left in your current Muscle Endurance interval. Once you complete the instruction, you have a one-minute interval in your normal elliptical routine (according to the program you are using). After this one-minute period, you will automatically get your next Muscle Endurance routine. Good luck!

Tip: *Want to change the length or intensity of your Muscle Endurance intervals on your xR6e or xR6ce? Just press and hold the Muscle Endurance button for three seconds, or until you hear a beep. You can then set the time for each Muscle Endurance interval and the time between intervals.* *See page 24 for additional details!*

Leg Press

Leg Press is an aggressive routine to help you build strength and power in your leg muscles. Leg Press integrates cardio sessions with strength sessions focused on the legs. The cardio session follows the program profile that you have selected. To activiate Leg Press workout booster, just press the button. Then the Leg Press intervals begin, with resistance increasing 10 levels (or to the maximum resistance of 20) for a muscle-building, 15-repetition set as you place your hands on the stationary handlebars and transfer the workload to your lower body. During the Leg Press set, the level of resistance can be changed by pressing the Level (▲/▼) buttons.

Tip: *Want to change the settings for the time or intensity of your Leg Press sets on your xR6e or xR6ce? Just press and hold the Leg Press button for three seconds, or until you hear a beep. You can then set the time between Leg Press intervals, the number of reps, and the increase in resistance for each set. See page 25 for additional details!*

Chest Press

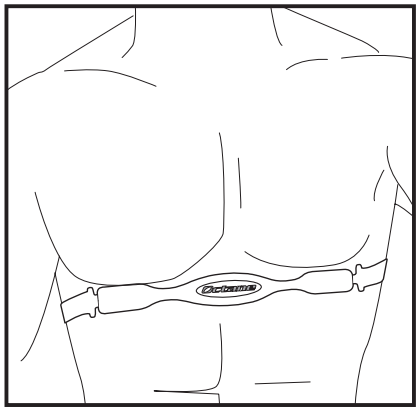
Chest Press is a unique workout enhancer designed to boost endurance and build strength and muscle tone in your upper body. Chest Press integrates cardio sessions with strength sessions focused on the chest, arms, and back. The cardio session follows the program profile that you have selected. To activiate Chest Press workout booster, just press the button. Then the Chest Press intervals begin, with resistance increasing 10 levels (or to the maximum resistance of 20) for a muscle-building, 10-repetition set as you place your feet on the stationary foot pegs and transfer the workload from your lower body to your upper body. During the Chest Press sets, the level of resistance can be changed by pressing the Level (▲/▼) buttons.

Tip: *Want to change the settings for the time or intensity of your Chest Press routine on your xR6e or xR6ce? Just press and hold the Chest Press button for three seconds, or until you hear a beep. You can then set the time between Chest Press intervals, the number of reps, and the increase in resistance for each set. See page 25 for additional details!*

Tip: *Boost your workout to a new level by activating both Leg Press and Chest Press at the same time, alternating strength sets between the upper and lower body with a recovery period in between. A great challenge and a great workout!*

HeartLogic Intelligence (xR6e/xR6ce)

The xR6e and xR6ce are equipped with HeartLogic Intelligence—Octane's own heart rate control technology. HeartLogic Intelligence is a sophisticated yet easy to use technology that brings you the most accurate and effective workout possible. It all begins with the wireless chest strap and, on the xR6ce, the digital contact heart rate grip sensors. There are four different heart rate programs—Fat Burn, Cardio, Heart Rate Interval, and Heart Rate Custom Interval—to keep your workouts fun and interesting. The Now-Zone™ button lets you instantly lock into your current heart rate no matter what program you're in—all at the push of a button. To top it all off, the console displays your time-in-zone, current heart rate, heart rate %, and target heart rate so you know exactly where you are and where you should be.



Using your wireless chest strap	The wireless chest strap transmits your heart rate to the electronics console at a distance of up to three feet. Adjust the length of the elastic strap and fasten it to the transmitter around your torso, underneath your shirt. Place the strap just below your chest. Make sure the Octane Fitness logo is away from you and right side up. It may help to moisten the electrodes on the back of the transmitter with a small amount of water for better contact with the skin. (The electrodes are the ribbed portion on the back side of the transmitter that sits against your skin.) Make sure the strap fits snugly but doesn't restrict breathing.
Using the contact heart rate sensors (xR6ce only)	The digital contact heart rate sensors are located on the stationary handlebars of the xR6ce. These sensors provide an easy and accurate way to track your heart rate for a great workout. For the most accurate heart rate reading possible, wrap your hands around each contact heart rate grip so that the palm of your hand and your fingers make contact with the metal sensors on the top and bottom of each grip. Grasp firmly, and keep your hands steady and in place.
Heart rate controlled programs	The xR6e and xR6ce provide four different heart rate controlled programs to offer you more variety to suit your personal needs. We recommend that you try different programs to determine your favorite. For an explanation of the heart rate controlled programs, go to page 12.
Now-Zone	Now-Zone is a great feature that instantly puts you into a heart rate controlled workout using your current heart rate as the target. Press the button a second time to exit the heart rate controlled workout and enter the Manual program. Now-Zone can be activated while in any program at any time as long as you are wearing your wireless transmitter or grasping the contact heart rate sensors. (If you are not wearing a transmitter or grasping the sensors, the matrix display reads "NO HR" and your elliptical will switch to the Manual program.)

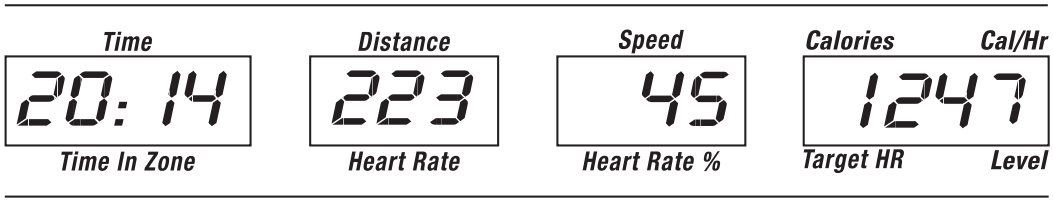
Critical Heart Rate Feedback

LED Readout

Heart rate controlled workouts are one of the most accurate training techniques available. Understanding your body's intensity level is critical in taking your workouts to the next level. HeartLogic excels at displaying essential data during your workout, enabling you to maximize your exercise time and effectiveness.

The xR6e and xR6ce contain four LED readout windows that communicate valuable heart rate information during your workout. This includes your Time-in-Zone, Heart Rate (current), Heart Rate % and Target Heart Rate.

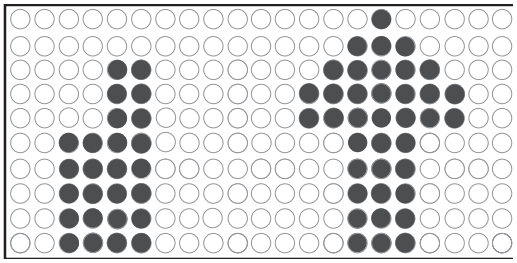
Tip: *To hold the display on heart rate data, press Enter when the heart rate data is showing in the windows during your workout. To resume display toggling, press Enter a second time.*



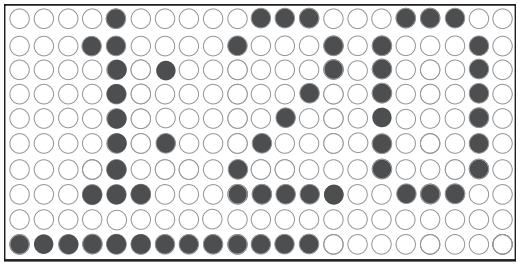
Matrix Display

During Heart Rate Interval and Heart Rate Custom Interval, the matrix display informs you of your progress through the intervals.

Changing Target Heart Rates – When you are trying to reach a new target heart rate, the left side of the display shows an illustration of the interval. The interval illustration blinks the interval you are attempting to reach. Each column represents one minute. An arrow on the right side of the display shows whether you should be working to increase or decrease your heart rate.



Interval Duration – Once you have reached or surpassed the new target heart rate, the matrix display switches to a countdown timer, counting down the length of the interval. The bottom row of the matrix displays a horizontal bar graph representing the current resistance level.



CUSTOMIZING KEY FEATURES

Many of the standard features and controls of your Octane Fitness seated elliptical can be customized to fit your personal preferences. In just a few simple steps, you can set up your machine to skip the Warm-Up, display workout time in a "countdown" mode, and display units in English or metric. You can mute the console beeps and adjust the brightness of the display to suit your personal preference. You can also enable the unique Movement Management (MOM) control feature. On the xR6e and xR6ce, you can also adjust the timing and intensity of your Muscle Endurance, Leg Press, or Chest Press intervals. All of these adjustments are easily completed and are saved as the new standard for your machine—you don't need to reset them for each use.

User Set-up Functions

Program features, console settings, and controls may be adjusted to suit your workout environment and your personal preferences. To access the User Set-Up functions, press and hold both the Level (▲) and (▼) keys for three seconds, or until you hear a beep. The following customizable functions are displayed in sequence; use the Enter key to toggle through the available options for each function, and press any ▲/▼ key to select a setting and move to the next function. To exit without changing a value, press Pause Clear.

Warm-Up (W-UP)	This feature may be turned "On" (to include a 3-minute warm-up in each workout) or "OFF". The original setting is "On".
TIME	Your seated elliptical can track your workout time by counting "UP" or down ("dn"). The original setting is "UP".
Movement Management (MOM) *(xR6e/xR6ce)*	MOM mode is a unique control feature offered exclusively on Octane Fitness xR6 seated elliptical. Activating MOM mode disables the console buttons and increases the resistance in the movement of the pedals so that the pedals do not move as easily. This control feature may discourage children from experimenting with the machine. This User Set-Up function lets you enable ("On") or disable ("OFF") the MOM mode. The original setting is "On". To activate MOM mode after your workout, press and hold the Program ▲/▼ keys for three seconds or until you hear the beep. The machine resistance then increases to level 20 and the console buttons are inactive. The machine appears to be in "Pause" mode, but if any console keys are pressed, "MOM MODE" scrolls across the matrix display. To unlock MOM mode, press and hold the Program ▲/▼ keys again for three seconds or until you hear the beep. **CAUTION! MOM mode is a feature provided to reduce the likelihood that children can pedal the elliptical cross-trainer. This feature does not lock the machine; the pedals and arms still move and the potential for injury still exists. It is the responsibility of the user to supervise children and keep them off the seated elliptical cross trainer to minimize the likelihood of injury.**
Units	You may choose to have the units displayed in "ENGLISH" (miles or pounds) or "METRIC" (kilometers or kilograms). The original setting is "ENGLISH".

Beep	You may turn the console sounds "On" or "OFF". The original setting is "On".
Brightness (BRIT)	You can adjust the intensity or brightness of the console LEDs, choosing any value between 1 and 8. A higher number represents more light. The original setting is 8.
Exit	When EXIT is displayed in the matrix window, press Enter to leave User Set-up. All of your selections will be saved and will become the new standard settings for your machine. They may be changed at any time by repeating these set-up procedures.

Additional features can be customized on the ***xR6e and xR6ce*** seated ellipticals:

Muscle Endurance

To customize the Muscle Endurance workout booster, press and hold the Muscle Endurance button for three seconds, or until you hear a beep. You can then customize three characteristics of Muscle Endurance:

On Time	The length of each Muscle Endurance interval. The original setting is 1:00. Use the Time ▲/▼ keys to adjust this value (displayed in the Muscle Endurance window), choosing any value between 0:30 and 9:45, in increments of 0:15. Press Enter to save the new Muscle Endurance interval length. To exit without changing the value, press Pause Clear.
Off Time	The length of time between Muscle Endurance intervals. The original setting is 1:00. Use the Time ▲/▼ keys to increase or decrease this interval, choosing any value between 0:30 and 9:45, in increments of 0:15. Press Enter to save the new time between Muscle Endurance intervals. To exit without changing the value, press Pause Clear.
Level Change	The number of resistance levels the unit increases during a Muscle Endurance interval. The original setting is 4. Use the Level ▲/▼ keys to increase or decrease this interval, choosing any value between 1 and 19. Press Enter to save the new resistance level change. To exit without changing the value, press Pause Clear.

Once you have saved your selections, they are set as the new standard for your machine—you don't need to reset them for each use.

Leg Press

To customize the Leg Press workout booster, press and hold the Leg Press button for three seconds, or until you hear a beep. You can then customize three characteristics of Leg Press:

Time	The time between Leg Press intervals. The original setting is 1:00. Use the Time ▲/▼ keys to increase or decrease this interval, choosing any value between 0:30 and 10:00, in increments of 0:15. Press Enter to save the new time between Leg Press intervals. To exit without changing the value, press Pause Clear.
Reps	The number of repetitions (presses) in each Leg Press interval. The original setting is 15. Use the Time ▲/▼ keys to increase or decrease this interval, choosing any value between 5 and 99. Press Enter to save the new number of reps. To exit without changing the value, press Pause Clear.
Level Change	The number of resistance levels the unit increases during a Leg Press interval. The original setting is 10. Use the Level ▲/▼ keys to increase or decrease this interval, choosing any value between 1 and 19. Press Enter to save the new resistance level change. To exit without changing the value, press Pause Clear.

Once you have saved your selections, they are set as the new standard for your machine—you don't need to reset them for each use.

Chest Press

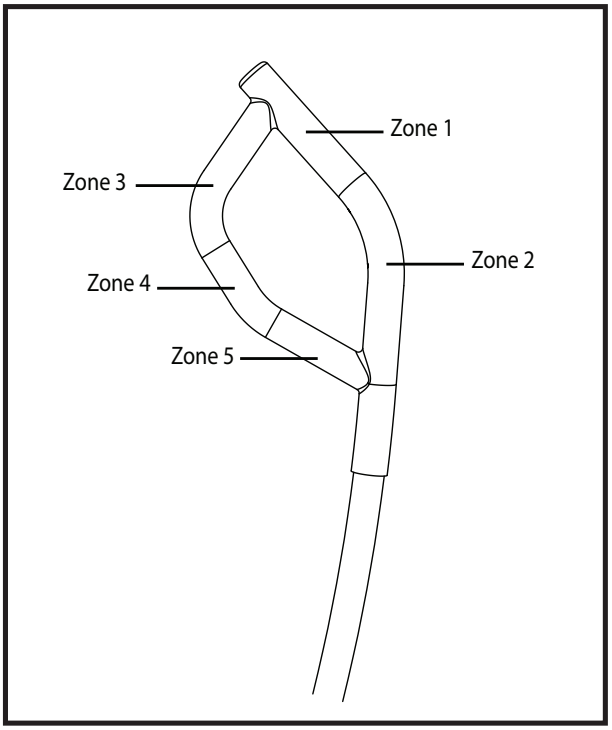
To customize the Chest Press workout booster, press and hold the Chest Press button for three seconds, or until you hear a beep. You can then customize three characteristics of Chest Press:

Time	The time between Chest Press intervals. The original setting is 1:00. Use the Time ▲/▼ keys to increase or decrease this interval, choosing any value between 0:30 and 10:00, in increments of 0:15. Press Enter to save the new time between Chest Press intervals. To exit without changing the value, press Pause Clear.
Reps	The number of repetitions (presses) in each Chest Press interval. The original setting is 10. Use the Time ▲/▼ keys to increase or decrease this interval, choosing any value between 5 and 99. Press Enter to save the new number of reps. To exit without changing the value, press Pause Clear.
Level Change	The number of resistance levels the unit increases during a Chest Press interval. The original setting is 10. Use the Level ▲/▼ keys to increase or decrease this interval, choosing any value between 1 and 19. Press Enter to save the new resistance level change. To exit without changing the value, press Pause Clear.

Once you have saved your selections, they are set as the new standard for your machine—you don't need to reset them for each use.

MULTIGRIP HANDLEBARS

Your Octane Fitness seated elliptical features one-of-a-kind handlebars that deliver the ultimate upper-body workout with virtually unlimited options for maximal comfort, customization and effectiveness. The unique MultiGrip handlebars are only offered by Octane, and these innovative handlebars have revolutionized how you workout your upper-body. The MultiGrip handlebars are comfortable in any position, whether you're hanging on loosely for a brief, easy workout, or gripping the MultiGrip handlebars tightly to complete a lengthy, heart-pumping, high-intensity workout session .



The unique design of the MultiGrip handlebars provide a multitude of choices that result in the most comfortable and ergonomically correct positions of any cross trainer. You will feel the difference! Here's how they can be put to work for you:

Zone 1	Top angled position	Ideal for pushing Gives longer range of motion Engages the deltoid (shoulder), pectoral (chest), and lat (back) muscles
Zone 2	Large corner position— wide grip	Push with the palms; better stability for a wide-grip chest press motion Focuses more on using the pectoral (chest) and lat (back) muscles
Zone 3	High inside angled position	Perfect for biceps curls and lats (back) on the pull motion.
Zone 4	Mid-inside position	Great for pectorals (chest) and triceps on the push motion. Engages lat (back) and biceps on the pull motion.
Zone 5	Low inside position	Works triceps and pectoral (chest) muscles

No matter what position or zone you select, you're working numerous different muscle groups throughout your upper-body to get a true elliptical cross training workout. You can emphasize either a push or pull movement or reposition your hands any time during any workout program for maximal muscle exertion, variety, and comfort.

The innovative choices of the MultiGrip handlebars, combined with Octane's variety of interactive cross-training workouts, create enjoyable, effective exercise sessions that produce astonishing results.

SMART EXERCISE TIPS

Be sure to consult your doctor before beginning any exercise program.

Books, videotapes, the Internet, and personal trainers are all great sources of information on exercise programs. Make sure the information comes from a credible source such as The American College of Sports Medicine (ACSM) or The American Council on Exercise (ACE). Visit them on the web at:

- www.acsm.org
- www.acefitness.com

For every good information resource, there is also a gimmick or fad. A simple rule of thumb is that if it sounds too good to be true, then it probably is. The best route to a happier, healthier life is good old-fashioned work—20+ minutes per day, 3-5 times per week. Several key considerations will help you determine the best program for you: FIT (frequency, intensity, time), heart rate, exercise variety and setting goals.

FIT (Frequency, Intensity, and Time)

Frequency	How often you workout. Three to five times per week is best.
Intensity	Whatever your exercise goals, you need to exercise at the right intensity level. If you don't exercise hard enough, you won't get the results you want. Exercise too hard and you could experience unnecessary pain and risk injury, leading you to abandon your exercise routine altogether.
Time	Time is the duration of your workout. To achieve the results you are looking for, it is important that you exercise for at least 20 minutes. If you are new to exercise, slowly increase the duration of each workout. A great method is to add one minute to each workout until you reach your desired time. The Beginner program is a perfect way to get started.

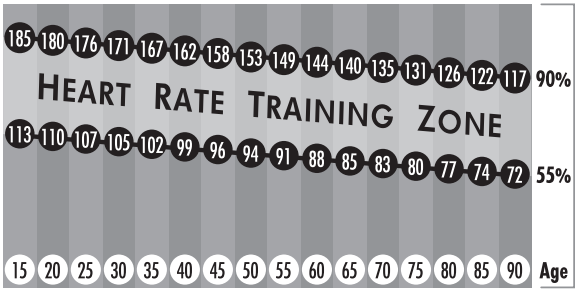
Heart Rate

Your heart rate is your body's speedometer. The best way to gauge your exercise intensity is by measuring your heart rate. You should periodically check your heart rate when exercising to insure that you are in the proper training zone. There are two ways to measure your heart rate: electronically and manually.

Electronic measurement	The Octane Fitness xR6e and xR6ce come with a wireless transmitter that measures and displays your heart rate on the console throughout your workout. The xR6ce also provides digital contact heart rate sensors on the stationary handlebars. To take it one step further, Octane offers HeartLogic Intelligence which will change the machine's resistance to maintain the desired heart rate. For additional information on HeartLogic Intelligence please refer to page 21.
Manual measurement	You can manually check your pulse using your first and second fingers. Place them either under your chin and next to your Adam's apple or on the palm side of your wrist. Count your pulse for six seconds and multiply it by ten.

What should my heart rate be?

To understand exercise intensity you must first determine your theoretical maximum heart rate (TMHR) by subtracting your age from 220. The lower limit of your heart rate training zone is 55% of your TMHR; the upper limit is 90% of TMHR. You should always exercise within these numbers.



Example for a 40-year-old exerciser:

220 – 40 = 180 TMHR
in beats per minute (BPM)
180 x .55 = 99 BPM lower limit
180 x .90 = 162 BPM higher limit

This shows that a 40-year-old exerciser's heart rate should be between 99 and 162 beats per minute during a workout. The chart below can be used as a reference.

If your exercise goal is to burn fat and lose weight, you should exercise in the range of 60% to 70% of your TMHR. You should also exercise for a longer period of time, at least 30 minutes. This will maximize the calories being burned from fat stores. If your goal is to improve your cardiovascular level, then you should train at a higher intensity, in the 75% to 90% TMHR range. While exercising in this higher intensity range, you will be conditioning your heart and lungs to maximize your overall cardiovascular fitness.

Exercise Variety

While Octane offers one of the most versatile exercise machines available, we encourage people to vary their workouts, whether this means choosing a different program or doing a different form of exercise. This will reduce boredom, one of the most common reasons people quit their exercise regimen. Make sure you use all of the features on your Octane seated elliptical cross trainer. Try a different program. Turn on Muscle Endurance. Watch a different TV show or crank up the music. Remember, variety leads to better workouts. Along with using your Octane elliptical, do different exercises. Take a brisk walk by the lake. Hop on your bike or strap on your inline skates. Climb that hill or cruise through the trails on your cross-country skis. Ride an exercise bike, jog on a treadmill or climb those dreaded stairs. A little variety can take you a long way.

Setting Goals

Another key to a successful exercise program is setting obtainable goals. Goals can be big or small. We recommend smaller goals so you see progress. Here are a few examples:

- Lose one pound per week
- Cut out sweets
- Workout four days/week
- Increase the length of your workout one minute each session until you hit 45 minutes/workout

Once you set your goals, make sure you write them down and make them visible. Tape them to your bathroom mirror, on your refrigerator, or on your computer monitor. Don't lose sight of your goals. Whatever your goals are, make them realistic so you can reach them and experience progress. Celebrate success, then move on to the next goal.

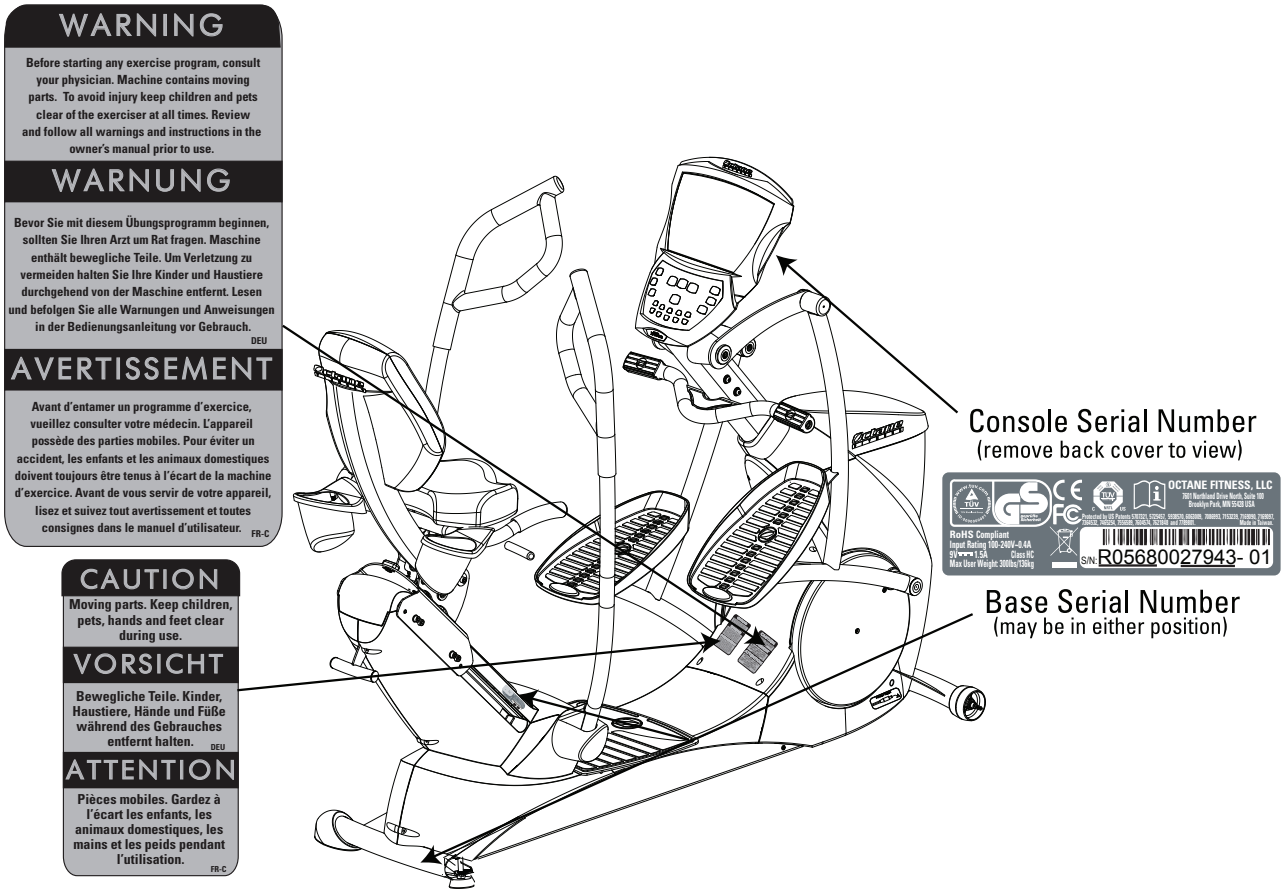
STARTING YOUR WORKOUT

WARM-UP	Start your workout at a lower speed and intensity for three to five minutes. This allows the blood to flow throughout the body and raise muscle temperature. You can walk, pedal, bike or use your seated elliptical cross trainer for your warm-up.
PROGRAMMING	The DedicatedLogic programming was designed to give you the most flexibility in programming the machine. There are several easy ways to start: • Use QuickStart to immediately begin the Manual program; • Use My QuickStart 1 or My QuickStart 2 (on the xR6e or xR6ce) to immediately begin your favorite routine; • Start with the Time (▲/▼) keys and work your way across the keypad as you enter your selections and data. You can also use the console keys to change the program and settings after you have started pedaling. For a more detailed look at the electronics, turn to page 2.
WORKOUTS	Your product has at least five pre-programmed workouts. We encourage you to try all of them and mix up your routine. Remember, boredom can destroy an exercise program. Your Octane Fitness seated elliptical cross trainer is just that—a cross trainer—so change it up! Go forward, backward, fast, or slow; use your whole body or concentrate on upper or lower body only—it's up to you. You can also activate the Muscle Endurance and let the computer run you through your workout. Have fun with it!
COOL DOWN	In addition to warming up your body before exercise, you should perform a proper cool-down when you are finished. The Cool Down button is a simple and effective way to do this. For more information on Octane Fitness custom cool-down, please refer to page 3.
STRETCHING	Stretching is a critical part of any exercise routine and should not be overlooked. Best performed after your workout when your muscles are warm, proper stretching promotes flexibility and can reduce the risk of injury. Well-stretched muscles, tendons, and ligaments can make exercise and recovery much more enjoyable. Stretching can help reduce stress. You will feel the benefits of a properly stretched body throughout your entire day. The first thing to know about stretching is to perform slow, controlled movements; no bouncing! You should feel tension, but not pain. Once you start to feel the stretch hold that position for 10-30 seconds. Breathe deeply, and after holding the position, release for five seconds, then return for another 20 seconds. A proper stretching routine will take 10-15 minutes but will benefit you 24 hours a day. Remember: • Stretch slowly • Hold for 10-30 seconds • Stop at a comfortable tension, not pain • Breathe deeply

CLEANING & MAINTENANCE

WARNING! This machine contains moving parts. Take caution when trying to locate and fix any problem with the machine.

Your Octane Fitness seated elliptical has been manufactured to withstand many hours of hard use with minimal required maintenance. Simply wipe off the machine after a hard workout to remove any sweat to keep the machine clean.



PERSONAL RECORD KEEPING

Tip: *It is a great idea to write down the serial numbers of your Octane Fitness seated elliptical in this Operations Manual for convenience and easy accessibility to the serial numbers should you have any service needs with your Octane Fitness elliptical.*

ATTENTION – All serial numbers begin with a letter.

Base Serial Number
(located on the back stabilizer bar or on the right seat slide channel)

— — — — — — — — — — — — — — — —

Console Serial Number
(located on the back of the console circuit board; must remove console back to view)

— — — — — — — — — — — — — — — —

TROUBLESHOOTING & FAQs

Electronic Issues

Unit doesn't power up	• Check the connection of the power cord from the power supply to the wall outlet and from the power supply to the machine. • Plug a lamp or radio into the wall outlet to verify that the outlet has power. If a light switch controls the outlet, turn it on. • If you have verified power from the outlet, you may have a faulty power supply. Contact your local dealer for service.
Console displays an "Err" code	• An error code indicates a potentially faulty or improperly installed component in your seated elliptical cross trainer. Contact your local dealer for service.
Console blinks on / off	• Check the power cord connections. Make sure the connections are secure from the power supply into the machine base and the wall outlet. • Unplug and re-connect the console (you must remove the console back to do this). When re-connecting the cable, make sure you feel the connector snap into place or hear a click that indicates a proper connection. • If the issue persists, contact your local dealer for service.
LED lights are always on	• Press and hold the Pause Clear button for five seconds to enter sleep mode.
LED display is always toggling	• Press the Enter button to stop the LED screen from toggling.
Console LEDs are not bright enough	• Enter User Set-up, by pressing and holding the Level ▲/▼ keys for three seconds. • Press any ▲/▼ key until "BRIT" displays in the matrix window. • Press Enter until the LEDs are set at the desired brightness (1-8). • Press any ▲/▼ key until "EXIT" displays in the matrix window, then press Enter. • If the brightness is set to "8" (the brightest level) and the LEDs are still dim, contact your local dealer for service.
Console does not "beep" when buttons are pressed	• Enter User Set-up by pressing and holding the Level ▲/▼ keys for three seconds. • Press any ▲/▼ key until "BEEP" displays in the matrix window. • Press Enter until "On" is displayed. • Press any ▲/▼ key until "EXIT" displays in the matrix window, then press Enter. • If "BEEP" is set to "On" and the issue persists, contact your local dealer for service.
Console is in pause mode and won't "wake up"	• Machine may be in MOM mode; press and hold the Program ▲/– keys for three seconds to deactivate MOM mode.
Don't feel a resistance change	• Increase resistance level to 20 and pedal for 30 seconds. If you feel a difference in the resistance, then the brake is working properly. • Are the cables connected correctly? Unplug and re-connect the console cable (you must remove the console back to do this). When re-connecting the cable, make sure you feel the connector snap into place or hear a click that indicates a proper connection. • If the issue persists, contact your local dealer for service.

"NO HR" is displayed when doing heart rate controlled programs *(xR6e or xR6ce)*	• Are the heart rate cables connected correctly? Unplug and re-connect the heart rate cables at the back of the console and on the heart rate board on the back of the seat (you must remove the console back cover and seat back cover to do this). When re-connecting the cables, make sure you feel the connectors snap into place or hear a click that indicates a proper connection.
Heart rate reading seems too high or too low; or "NO HR" is displayed when doing heart rate controlled programs *(xR6e or xR6ce)*	Heart rate controlled programs require that you wear a wireless transmitter or grasp the contact heart rate sensors on the xR6ce. To verify that the wireless chest strap is working properly: • Make sure the electrodes of the wireless chest strap are against your bare skin. The electrodes are the ribbed portion on the back of the chest strap. • For better contact, use water to moisten the electrodes on the side of the wireless chest strap that sits against your skin. • Make sure the Octane Fitness logo is facing away from your body and is right side up. • Make sure you have placed the chest strap at the bottom of your pectoral muscles. Some adjustment to the strap maybe necessary for the strap to get an accurate reading. • Make sure the strap is snug against your body, but not tight enough to restrict breathing. • Have someone else try the strap standing next to the machine to see if it works on him/her. • There may be interference with another electrical product (lights, TV, personal stereo, wireless network, MP3 players, phones, etc...). Turn off any other electrical product and check to see if the problem is resolved. • The battery in the transmitter (chest strap) may be faulty or worn out; replace the battery and retest. • If "NO HR" is still displayed on the console, contact your local dealer for service. To verify that the contact heart rate grips on the xR6ce are working properly: • Wrap your hands around each contact heart rate grip so that the palm of your hand and your fingers make contact with the metal sensors on the top and bottom of each grip. • Grip the contact sensors firmly and keep your hands steady and in place. • Have someone else try the grips to see if it works for him/her. • If "NO HR" is still displayed, contact your local dealer for service.
Unable to activate Movement Management (MOM) Mode *(xR6e or xR6ce)*	• Check to see that MOM mode is enabled. Enter User Set-up by pressing and holding the Level ▲/▼ keys for three seconds. • Press any ▲/▼ key until "MOM" displays in the matrix window. • Press Enter until "On" is displayed. • Press any ▲/ ▼ key until "EXIT" displays in the matrix window; press Enter. • Press and hold the Program ▲/▼ keys for three seconds to activate MOM mode.

Mechanical Issues

Moving handlebars or foot pedals are loose/wobble side-to-side	• The bolts securing the moving handlebars and the foot pedals must be very tight (approximately 30 ft-lbs). Refer to the assembly instructions to locate and tighten these bolts. • If the issue persists, contact your local dealer for service.
Machine wobbles and is unstable on the floor	• The adjustable levelers may not be properly set on the machine. There are two adjustable levelers, located on the rear stabilizer. See assembly instructions to correctly adjust and lock the levelers. • If your machine is located on a soft surface such as carpet, you may wish to purchase a heavy duty floor mat from your local dealer to place under your machine for greater stability.
Tilt lock pin is difficult to set in position.	• The tilt lock mechanism may be misaligned. Carefully loosen the two bolts on the tilt bracket and nudge the seatback forward or backward until the tilt lock pin is centered in its slot; re-tighten the bolts.
Machine makes ticking/clunking noise.	• Contact your local dealer for service.

General Questions

What is a 'calorie'?	• A calorie is a unit of measure for energy. One calorie is equal to the amount of energy needed to raise the temperature of 1 gram of water by 1 degree Celsius. By convention in nutrition and exercise, the term 'calories' really represents 'kilocalories', or 1000 calories. In principle, one has to create a 3500 kcal deficit between energy intake (that is, calories from food) and energy expended in order to lose 1 pound of body-fat (or 7800 kcal per kg).
What is a 'mile' on the seated elliptical?	• On the Octane xR6 Series seated ellipticals, 400 revolutions of the pedals is approximately equivalent to one mile of 'road' distance. Therefore, pedaling at 50 rpm, you will 'travel' approximately one mile in 8 minutes.

If you have any questions or need additional assistance please contact Octane Fitness Customer Service at 888.OCTANE4.

LIMITED CONSUMER WARRANTY

xR6 Series Seated Elliptical

NOTE: WARRANTY OUTSIDE OF THE UNITED STATES AND CANADA MAY VARY. THE SERVICE SECTION OF OUR WEBSITE AT *WWW.OCTANEFITNESS.COM* CONTAINS ADDITIONAL COUNTRY-SPECIFIC WARRANTY INFORMATION/LIMITATIONS WHICH MAY ALTER OR AMEND THE FOLLOWING LIMITED WARRANTY PROVISIONS. PLEASE VISIT THIS WEBSITE TO DETERMINE SUCH WARRANTY PROVISIONS WITHIN YOUR COUNTRY OF RESIDENCE IF YOU RESIDE IN A COUNTRY OTHER THAN THE UNITED STATES OR CANADA.

By purchasing this Octane Fitness® Product, You accept all of these terms and conditions.

Warranty registration: You must register your product with Octane Fitness, LLC ("We" or "Us"). You can register by completing and returning to Octane Fitness the enclosed Warranty Registration Card or register via our web site at www.octanefitness.com.

What is covered: The Octane Fitness xR6 Series seated elliptical (product) is warranted to be free of all defects in material and workmanship.

Who is covered: The original owner of the product or the person the warranty has been transferred to under Octane Fitness transferable warranty program.

What is a transferable warranty: As the original owner, Octane Fitness allows you to transfer the warranty of your product to an individual of your choosing who purchases or is given the product. By filling out a warranty transfer card and sending it to Octane Fitness, the warranty will be transferred. A warranty transfer card is included in the Operations Manual or by calling customer service at 888.OCTANE4. The transferable warranty is not valid to or from commercial settings. The warranty can only be transferred one time.

How long the product is covered: Octane Fitness offers lifetime warranty on the frame of the product. All parts are warranted for five (5) years from original date of purchase. Labor is covered for one (1) year from original date of purchase. **Warranty outside of the United States and Canada may vary. Please visit www.octanefitness.com/warranty for further information if you reside in a country other than the United States or Canada.**

DISCLAIMER OF WARRANTIES: THIS WARRANTY IS YOUR EXCLUSIVE REMEDY. EXCEPT AS SET FORTH HEREIN, WE MAKE NO REPRESENTATIONS OR WARRANTIES REGARDING THE PRODUCT AND WE EXCLUDE AND DISCLAIM, TO THE EXTENT PERMITTED BY APPLICABLE LAW (INCLUDING THE MINNESOTA UNIFORM COMMERCIAL CODE, THE UNIFORM COMMERCIAL CODE OF THE STATE IN WHICH YOU RESIDE, THE SALE OF GOODS ACTS AS ENACTED AND/OR EFFECTIVE WITHIN ANY CANADIAN PROVINCE OR TERRITORY, ANY SIMILAR CIVIL OR COMMERCIAL CODE WITHIN YOUR COUNTRY OF RESIDENCE, AND ANY AMENDMENTS TO ANY OF THE FOREGOING FROM TIME TO TIME), ANY AND ALL IMPLIED WARRANTIES WITH RESPECT TO THE PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, SATISFACTORY QUALITY AND/OR CORRESPONDENCE WITH DESCRIPTION.

EXCEPTIONS / LIMITATIONS: In no event shall We be liable to You or any third party for special, indirect, incidental or consequential damages of any kind, whether based on contract, tort or any other legal theory. If a court determines that You are entitled to monetary damages in lieu of the remedies provided herein, Our entire liability shall be limited to the amount actually paid by You for the Product.

To the extent permitted by applicable law, the substantive law and the law of remedies of the State of Minnesota, United States of America shall apply to this Warranty, without reference to its principles of conflicts of law. **PURSUANT TO SECTION 6 OF THE 1980 UNITED NATIONS CONVENTION ON CONTRACTS FOR THE INTERNATIONAL SALE OF GOODS ("CONVENTION"), THE PARTIES HEREBY EXPRESSLY AGREE THAT THE CONVENTION DOES NOT APPLY TO THIS AGREEMENT OR THE RELATIONSHIP BETWEEN THE PARTIES.** All disputes regarding this Warranty and/or the Product shall be resolved in a state or federal court with competent jurisdiction located in Hennepin County, State of Minnesota, United States of America. The English language version of this Warranty shall at all times govern the relationship between the parties notwithstanding the fact that this Warranty may be translated into a language other than English by any party.

This Warranty does not cover normal or remedial maintenance repairs or damages or defects caused or contributed to by accident, improper use of the Product, any cause external to the Product or any occurrence beyond Our control. Any Product misuse, abuse, placement in any application other than in home use or attempt to alter or repair the Product other than by an authorized Octane Fitness® service provider shall void this Warranty.

Any replacement parts provided hereunder are warranted only for the remainder of the Warranty Period set forth above. Except as provided above, this Warranty is non-assignable and non-transferable to any third party and any such attempted assignment or transfer shall be null and void. Our distributors, sales representatives and/or agents are not authorized to modify or expand the scope of this Warranty and any such attempted or purported modification or expansion shall be null and void. Product failure due to users in excess of 300 lbs. is not covered. **This warranty does not extend to products used for commercial applications.** Parts and electronic components reconditioned to As New Condition by Octane Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

What you must do: Retain proof of purchase (such as your sales receipt from retailer); operate, and maintain the Product as specified in the Operations Manual; notify your retailer or our Customer Service Department of any defect within ten (10) days after discovery of defect; and as instructed, return any defective part for replacement or, if necessary, the entire product for repair. Octane Fitness reserves the right to determine if the entire machine will be replaced.

Operations Manual: It is VERY IMPORTANT THAT ALL USERS READ THE MANUAL before operating the Product. Failure to comply with any use requirements may void this Warranty.

How to get parts and service: Simply call the retailer where you purchased the product or the Octane Fitness Customer Service Department at 888.OCTANE4 and tell them your name and address and the serial numbers for your product. **Each product has two serial numbers**. The console serial number can be found on the bottom of the console. The base serial number can be found on the rail support plate, below the power cord connection. **Please have both serial numbers when you call.**

Machine Noise Information Regulation - 3. GPSGV, the highest noise level is 70 dB(A) or less.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner or the person to whom the warranty has been transferred. This warranty is expressly limited to the repair or replacement of a defective frame or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended for or compatible with the product as sold. The warranty does not apply to damage or failure due to unauthorized service, misuse, accident, abuse, corrosion, discoloration of paint or plastic, or neglect or by persons weight in excess of 300 pounds. Octane Fitness shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to *As New Condition* by Octane Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

Octane Fitness expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

NOTES

Warranty Transfer Card

As the original owner, Octane Fitness allows you to transfer the balance of the warranty of your product to an individual of your choosing who purchases or is given the product.

By filling out a warranty transfer card and sending it to Octane Fitness with a copy of the original receipt, the warranty will be transferred. Please make two copies of this form and the original receipt one for your records and one for the new owner.

Octane Fitness offers lifetime warranty on the frame of the product. All parts are warranted for three years from original date of purchase. Labor is covered for one year from original date of purchase.

This form should only be used by the original owner when selling or giving a used product to a new owner.

Please detach form below and send to:

Octane Fitness
9200 Wyoming Avenue North
Suite 380
Brooklyn Park, MN 55437
Fax: 763-323-2064

Original Owner

Name:_____

Address:_____

_____

City:_____

State/Prov:_____ Postal Code:_____

Country: _____

New Owner

Name:_____

Address:_____

_____

City:_____

State/Prov:_____ Postal Code:_____

Country: _____

Dealer: _____ Model: _____

Base Serial Number __ __ __ __ __ __ __ __ __ __ __ __ __ __ __

Console Serial Number __ __ __ __ __ __ __ __ __ __ __ __ __ __ __

Date Purchased: _____

Original Owner Signature: _____ Date: _____

New Owner Signature: _____ Date: _____

Date Purchased: _____

Base Serial Number __ __ __ __ __ __ __ __ __ __ __ __ __ __

Console Serial Number __ __ __ __ __ __ __ __ __ __ __ __ __ __

Store: _____

Store Phone #: _____

Salesperson: _____

NOTES



Are you passionate about your workout and the results?

Share your story with others on the Octane Fitness web site.
Go to: *www.octanefitness.com/testimonials*
Then click on "Share My Story" and
show the world how fueled you are.

www.octanefitness.com
www.youtube.com/user/octanefitness
Find us on Facebook *www.facebook.com/octane fitness*

FUEL YOUR LIFE™

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